

# GRILLED STEAK AND PEPPERS SALAD WITH PEARS

Grill whole bell peppers along with steak, then add Bartlett pear slices, and you have the foundation of a delicious and colorful Italian-influenced salad.

Preparation time: 30 minutes

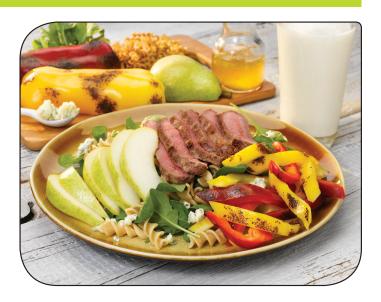
Serves: 4

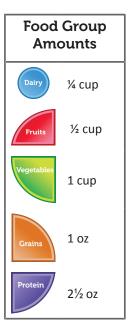
#### **INGREDIENTS:**

- 2 cups (4 oz) whole-wheat rotini pasta, uncooked
- 1 yellow bell pepper
- 1 red bell pepper
- ½ tsp olive oil
- 12 oz boneless choice beef top sirloin
- · 2 Bartlett pears
- · 3 cups arugula
- ¼ cup crumbled Gorgonzola cheese

### Vinaigrette

- 1 tbsp olive oil
- · 3 tbsp distilled vinegar
- ¼ cup 100% white grape juice or apple juice
- ½ tsp salt (optional)
- 1 tbsp Italian herb blend, salt-free





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Nutri	tion	) Fa	cts
Serving Size 3	327 g		
Amount Per S	erving		
Calories 390		Calories f	rom Fat 110
		%Dai	ily Value*
Total Fat 12g			18%
Saturated Fat 4	lg		20%
Trans Fat 0g			
Cholesterol 6	5mg		22%
<b>Sodium</b> 330m	g		14%
Total Carboh	ydrate 44g	ı	15%
Dietary Fiber 7g			28%
Sugars 15g			
Protein 27g			
Vitamin A 40%	•	Vitami	n C 250%
Calcium 10%			Iron 15%
* Percent Daily Values are based on a 2,000			
calorie diet. You			-
or lower dependi			
	Calories:		2,500
Total Fat	Less than	•	80g
Sat Fat	Less than	-	25g
	Less than	_	_
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375a

#### **DIRECTIONS:**

In a small bowl, whisk olive oil, vinegar, grape or apple juice, salt, and herb blend. Boil water and cook pasta according to package instructions. Drain pasta, rinse in cool water. Heat grill, rub peppers with ½ tsp olive oil. Grill whole peppers, turning as needed, until skin begins to brown and bubble. At the same time, grill beef sirloin to 145 °F, turning once. Remove from grill, let cool slightly. Slice peppers into strips, discarding seeds and stem. Cut sirloin across the grain into thin slices. Slice pears into thin wedges. Toss arugula and pasta in large bowl. To serve, evenly divide pasta-arugula onto four plates, arrange beef, peppers, and pears on top, drizzle with vinaigrette, and sprinkle with crumbled Gorgonzola cheese.

## **Serving Suggestions:**

Serve with 8 oz glass of non-fat milk.

Recipe Submitted by Produce For Better Health Foundation





30g

Dietary Fiber